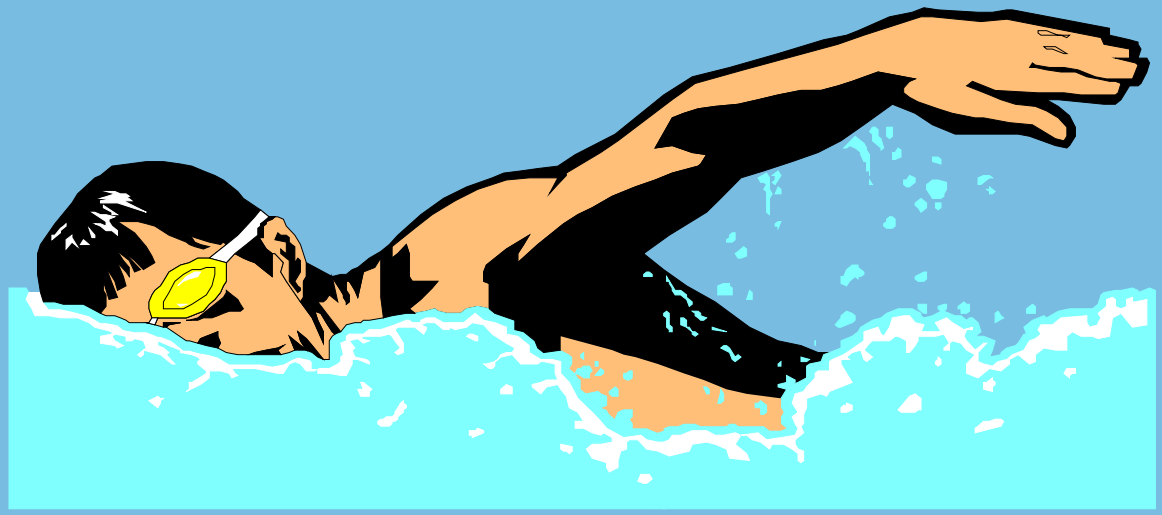
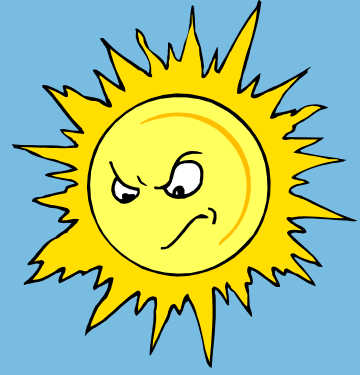


Summer Safety Campaign 2004

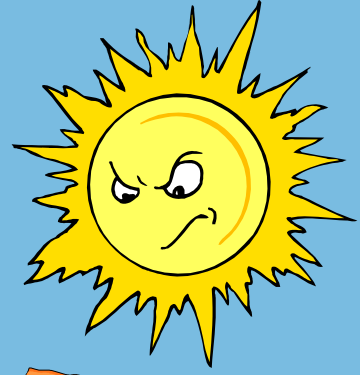
Water Safety!

Swimming



- **NEVER SWIM ALONE!!!**
- Swim Only in BSB Authorized Swimming Areas
- Don’t Swim When Overheated, Tired, Chilled, or in Storms.
- Don’t Drink and Swim
- Know your Swimming Ability
- Check Water Before Diving
- Don’t Leave Children Unsupervised in/near Water

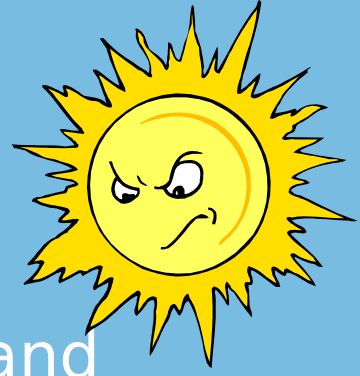
Boating



- ✓ *Know the rules*
- ✓ *Use life vests*

- ✓ *Don’t overload*
- ✓ *Check weather*
- ✓ *Don’t Consume Alcohol*

Water Skiing

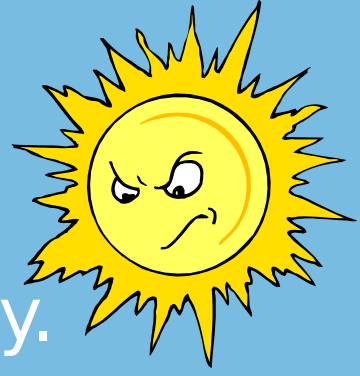


- Have an Observer in the Boat – Use Hand Signals to Communicate
- Wear Approved Personal Floatation Device (PFD)
- Don’t Ski in Rough Water
- Stay Clear of Congested Areas and Obstructions
- Don’t Spray or “Buzz” Others
- Never Ski After Dark or After Alcohol Consumption

Skin / Scuba Diving

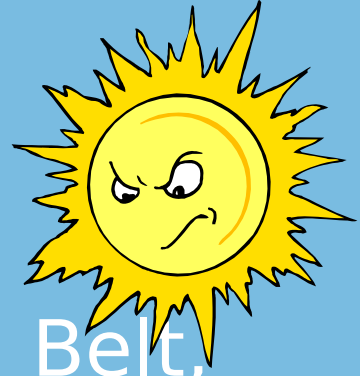
- Remain Physically Qualified for Diving by Having a Physical Examination Regularly.
- Obtain Certified Training from a Recognized Agency.
- Don’t Eat or Drink Immediately Prior to Diving.
- Never Dive Alone, Always Dive with a Friend.
- Plan Each Dive and Dive Only When Conditions are Right.
- Use Properly Adjusted Equipment as Required.
- Establish a System of Communication with Other Divers.
- Never Wear Goggles or Ear Plugs when Diving.
- Adjust Buoyancy to be Slightly Positive on Full

Canoeing



- Don’t Choose Rivers Beyond Your Ability.
- Choose Your Route Wisely; Try Shorter Distances First.
- Paddle with a Support Party.
- Be Respectful of Private Property.
- Dress Properly for the Activity and Weather.
- Wear the Proper Personal Floatation Device (PFD).
- Do Not Consume Alcohol or Drugs.
- Establish Organizational Guidelines for the Tour.
- Dress for the Water Temperature, not the Air Temperature.
- Anticipate the Impact of Other Boats, Other

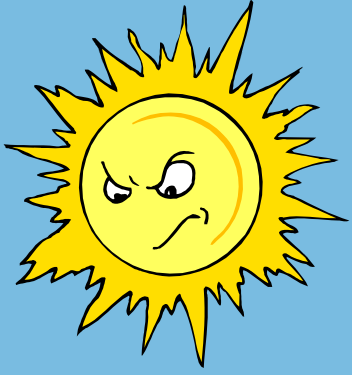
Rescue Techniques



1. Try to Reach the Person. Use Jacket, Belt, Rope, or any Other Object
2. Throw Something that Floats to the Person. (Ball, Picnic Cooler, Beach Toy, etc.)
3. Row to the Person. Use Boat, Surfboard, Air Mattress, Raft, etc. & Paddle with Your Hands
4. Swim to the Person – **ONLY IF YOU ARE A GOOD SWIMMER & TRAINED IN LIFE SAVING TECHNIQUES!!!**

REMEMBER: Reach – Throw – Row – Go!!!

Water Safety - Summary



- Use the Buddy System
- Water Activities and Alcohol are a Deadly Mix
- Don’t Overestimate Your Abilities
- No Horseplay
- Use Common Sense

HAVE FUN & BE